

AN AIKI TOOLKIT:

REFINING AIKI VIA PRINCIPLES

with Hanshi Tony ANNESI

Aikido is the world's most popular style of Aiki. Although there are many methods of teaching Aikido, most concentrate on a set of standard waza that are repeated until mastered. Many students, however, want a deeper understanding of how these techniques work.

Hanshi Annesi teaches principles and approaches that offer technical insights as well as solutions to common Aiki training problems.

合
氣

SUNDAY, OCTOBER 15, 2017

11 AM to 3 PM (Party after the Seminar)

ADDITIONAL INFO:

WWW.BRISTOLCOUNTYAIKIKAI.COM

MWHITE@NELLMARK.COM

508-965-9030

ALL AFFILIATIONS/RANKS WELCOME

BRISTOL COUNTY AIKIKAI

2 CEDAR ST.,

TAUNTON, MA. 02780

FREE PARKING ON STREET
AND BEHIND DOJO

DONATION \$79

SPECIAL EARLY DONATION:

\$59.00

UNTIL SEPTEMBER 30

Register online at www.bushido-kai.net

ADD TO CART

